



# Lunging the horse

When you lunge a horse, it moves around you in a circle on the end of a lunge line.

Lunging is a great way to exercise your horse. It is good variety for riding. It encourages suppleness, engagement, and obedience. It also improves balance, especially with young horses.

Make sure you lunge on a big circle, around 15-20 metres. A good lunging time could be around 20 minutes, never over 30 minutes. Lunging a horse poorly or incorrectly on too small a circle, can be bad for a horse because lunging can be quite wearing for horse's joints.

Always choose a flat non-slip surface when lunging your horse. It should not be hard or too soft either.

## **When lunging a horse, you need:**

### **For the handler**

- a helmet
- gloves

### **For the horse**

- a bridle
- a lunge line
- a roller with side reins OR a training aid
- a lunge whip
- protective boots or bandages

A good warm-up in walk and trot should be done in both directions before cantering. Transitions help to maintain connection with your horse. Make sure to exercise your horse equally on both reins. When changing rein, always keep your horse connected to a lunge line.

When lunging, maintain triangle position. Hold lunge line on the other hand and lunge whip on the other. This will ensure you are in the correct position to drive your horse forward with your body language and help deter them from getting in front or behind of the movement.

When lunging, basic aids are your voice and body language. Lunge whip can be used to strengthen these aids. Using your own tone of voice, you can either make the horse move faster or slower.

**Videomaterial:** <https://youtu.be/5WyriuSPlUc>